

Food Processing Workshop

Pickling

Material:

- Food processor
- Cutting board & knife
- Sterilized jars and lids (10x 230 ml)
- 1.5 kg zucchini
- 1.5 kg bell peppers
- 0.75 kg red onions
- 1 L water, 1 L vinegar
- 230 g sugar
- 50 g salt
- 1 tablespoon pickling seasoning (mustard seeds, dill seeds, pepper, coriander, juniper berries, cloves, bay leaves, chillies, allspice)

Tasks

Produce the pickled vegetables

Methods:

Pickling
Sterilize the jars and lids 100 °C for 30 minutes
<p>Preparing Vegetables:</p> <p>Wash, and remove non edible parts of the vegetables. Ensure that the vegetables are well-washed and free from any seeds or cores. Slice the zucchinis, bell peppers and the onions with the food processor</p>
<p>Steaming:</p> <p>Steam the vegetables for 3 minutes at 100 °C</p>
<p>Prepare the Brine:</p> <p>In a separate pot, combine vinegar and water in a 1:1 ratio. For flavor, add sugar, salt, and spices. The exact amount depends on your taste. Heat the mixture and bring it to a brief boil.</p>
<p>Layer the Vegetables:</p> <p>Start by placing a layer of zucchini slices in the jar, followed by a layer of bell pepper strips, and then a layer of onion rings. Repeat this process until the jar is filled, with the vegetables sitting approximately 1 cm below the jar's rim.</p>
<p>Pickling the Vegetables:</p> <p>Carefully pour the hot vinegar-water mixture over the vegetables in the mason jar, ensuring that the vegetables are completely submerged in the liquid.</p>
<p>Seal, Cool and Mature:</p> <p>Immediately seal the jar with the lid and ring. Allow it to cool to room temperature. Store the</p>

<p>pickled vegetables in a cool, dark place for at least 1 to 2 weeks to allow them to fully marinate. The longer they mature, the more intense the flavor will become.</p>

<p>The product has a shelf life up to one year and above without cooling as it is</p>
